

SELF-DEFENSE FOR **WOMEN**



by Willy Cahill

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CHAPTER I

KICK 'EM WHERE IT WILL HURT

In this chapter we will concentrate on the front kick, the back kick, the side kick and the sidestep kick. All of these kicks are easy to learn if you follow the step-by-step movements. But it is essential that you remember to practice the kicks and movements with good *balance*, *accuracy* and (later) *SPEED*.

In order to develop effective kicks, they must become second nature to you. Basic kicks are your automatic response to an attack. A strong, fast and effective kick, accurately placed, is one of your best lines of defense.

It is much easier for him to get away from a punch if you are standing at a safe distance from your attacker. But a well-placed kick will be a lot tougher for the attacker to evade.

This chapter concentrates on the practical application of each kick. Simulated attacks are demonstrated. You should learn each kick for use in an actual attack situation. Get a partner to practice with you. Work out the form first. Mark it. Learn it. Then develop accuracy, power and speed. If you do that in the order set forth—first, form; second, accuracy; third, power, and fourth, speed—you will have a satisfactory arsenal of self-defense against attack. Remember, seconds count. In most cases, it's all over in less than 10 seconds.

FRONT KICK

If it appears that you are in for a fight, you will need to launch a series of front kicks to show your attacker you mean business and intend to defend yourself. For this you should take a solid stance that will add strength, speed and accuracy to your counterattacks.

CLOSE-UP

Note how she brings her right leg up, bending at the knee before she executes the front kick. Now she can easily kick powerfully without losing her balance.



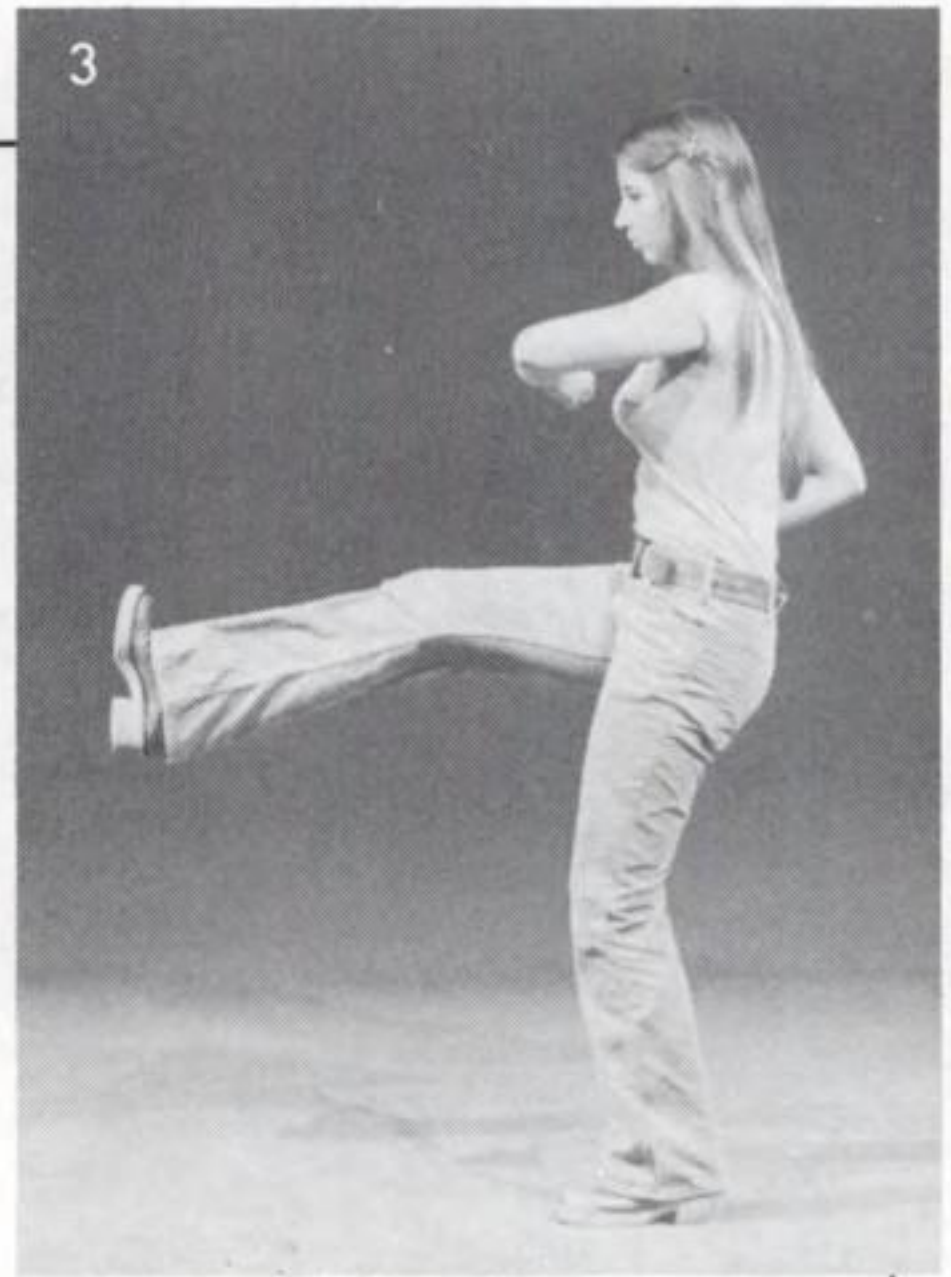
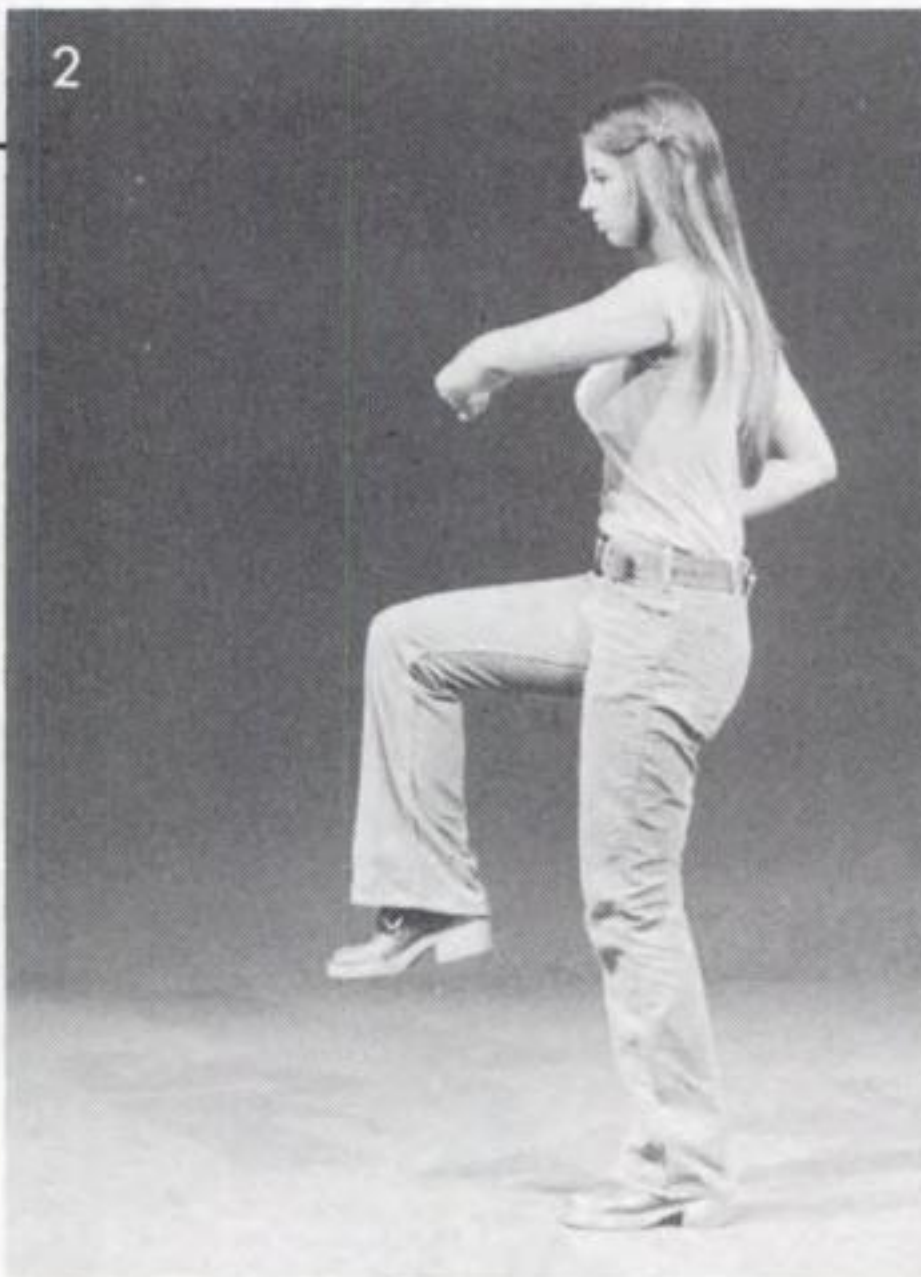
INDIVIDUAL

(1) The basic stance has the front foot forward, knee bent slightly, the back leg comfortably poised and arms ready to protect against a punch or to block a kick. (2) From this position, bring the back leg forward, cocking at the

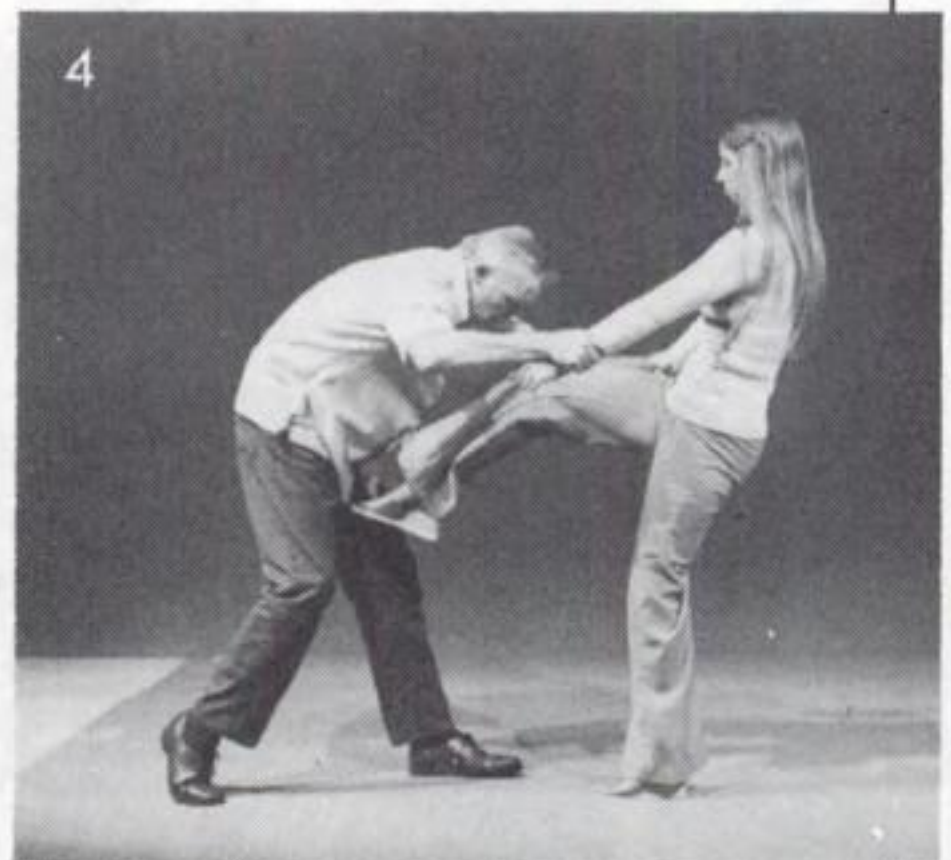


DEMONSTRATION

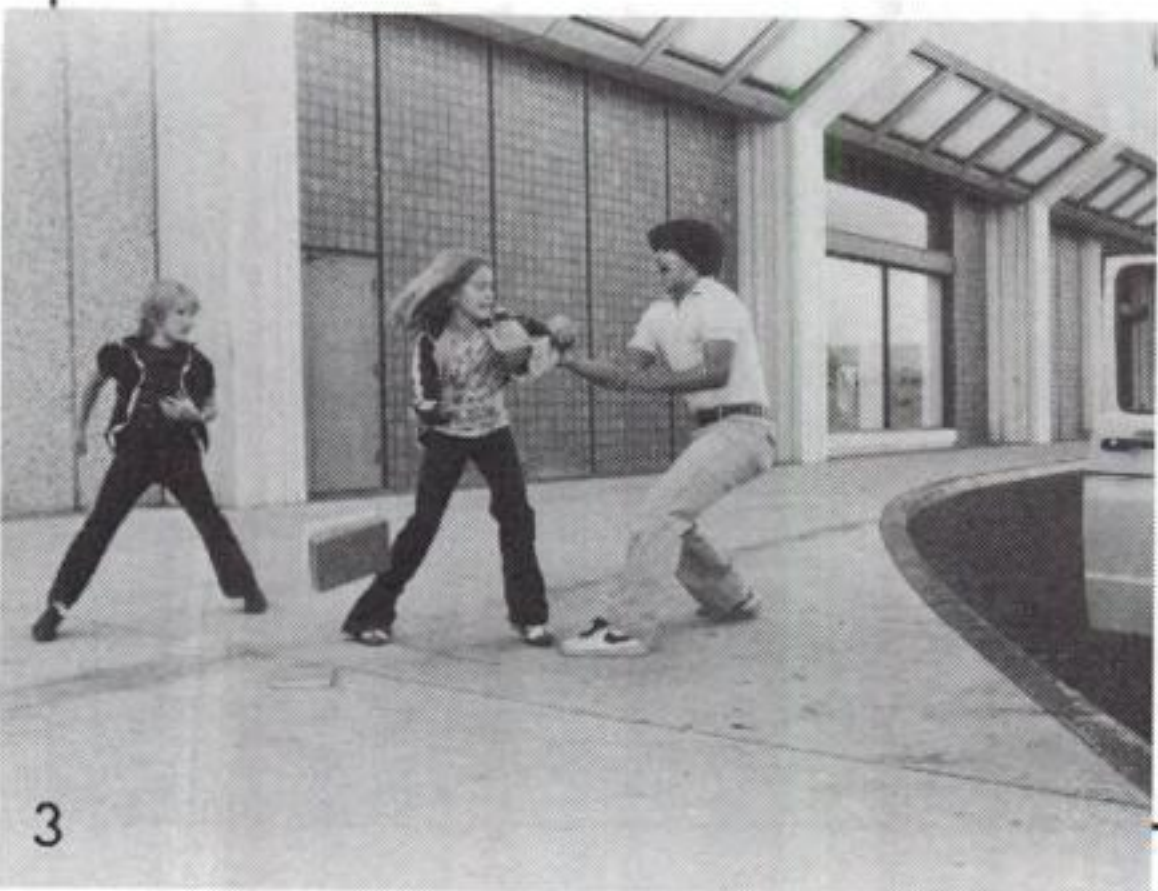
(1) The attacker grabs the victim by both hands and tries to pull her towards him. (2) She tries to pull away and free her hands from his strong grip. (3) Note how she has crouched into a good defensive stance to launch a powerful



knee: the weight has shifted to your front foot (3). Now you quickly execute an accurate, powerful and fast kick to the attacker.

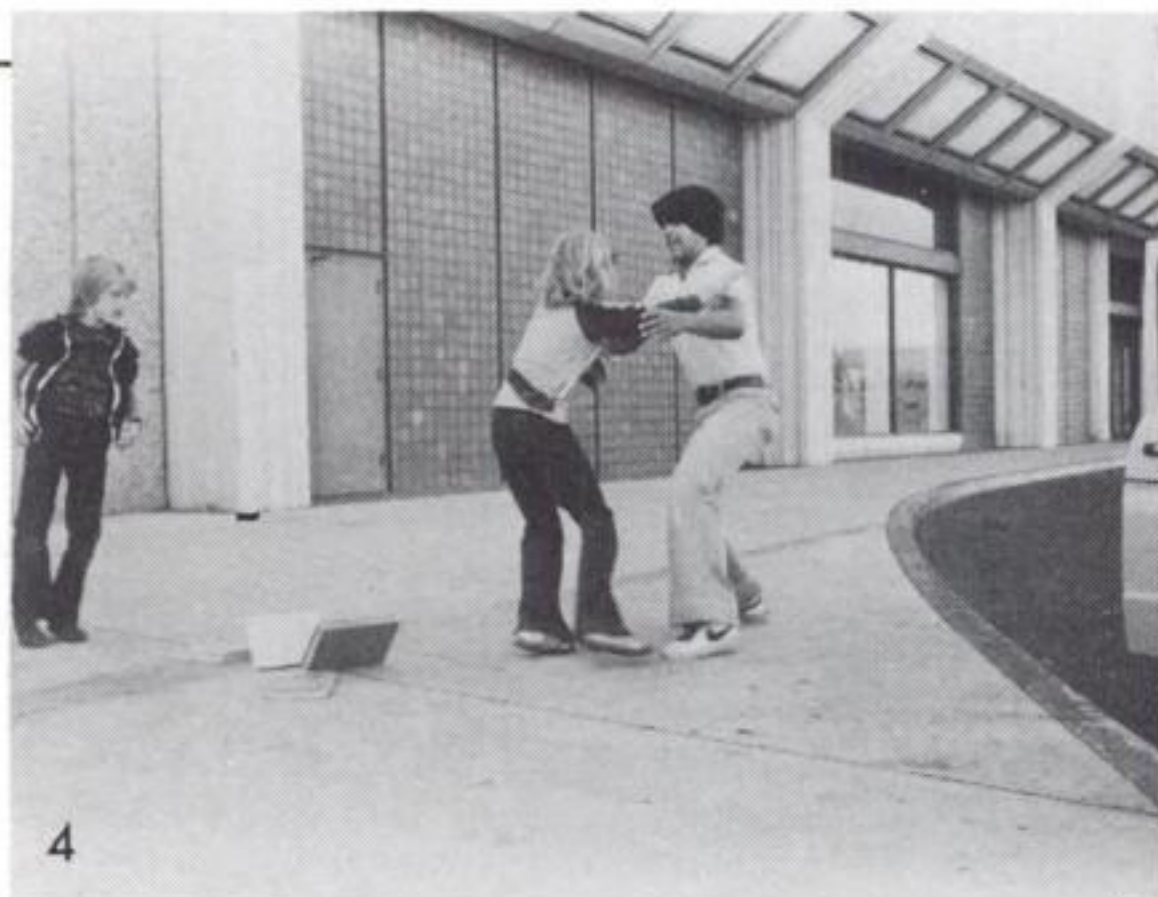


and accurate front kick. (4) She cocks the leg and launches the kick. The groin and stomach are obvious targets, but the shin, knee and chest are also suitable.



ACTION IN THE STREET

The victims walk down the street on their way to school. (2) Suddenly the attacker jumps out of a car and (3) grabs the young girl and tries to drag her into the car. But (4) the victim has other ideas; as soon as the at-



tacker grabs her wrist and tries to pull her, he finds out that it is impossible. Quickly (5) she gets into a set position for a front kick and (6) kicks her attacker in the groin.

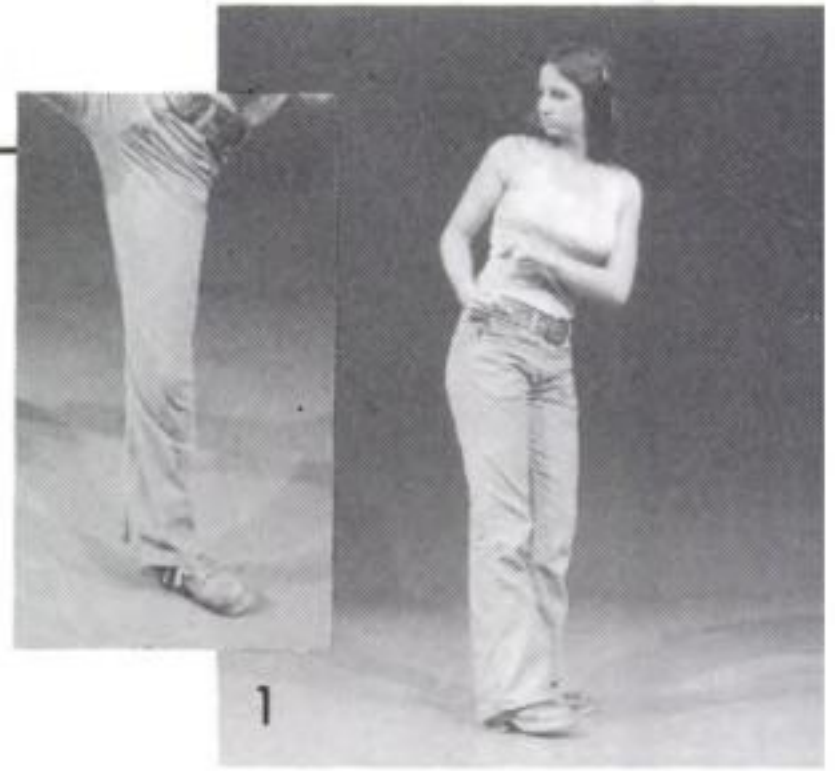


BACK KICK

The back kick requires a more complete commitment and takes a great deal more practice to perfect. It is best launched from an effective stance position.

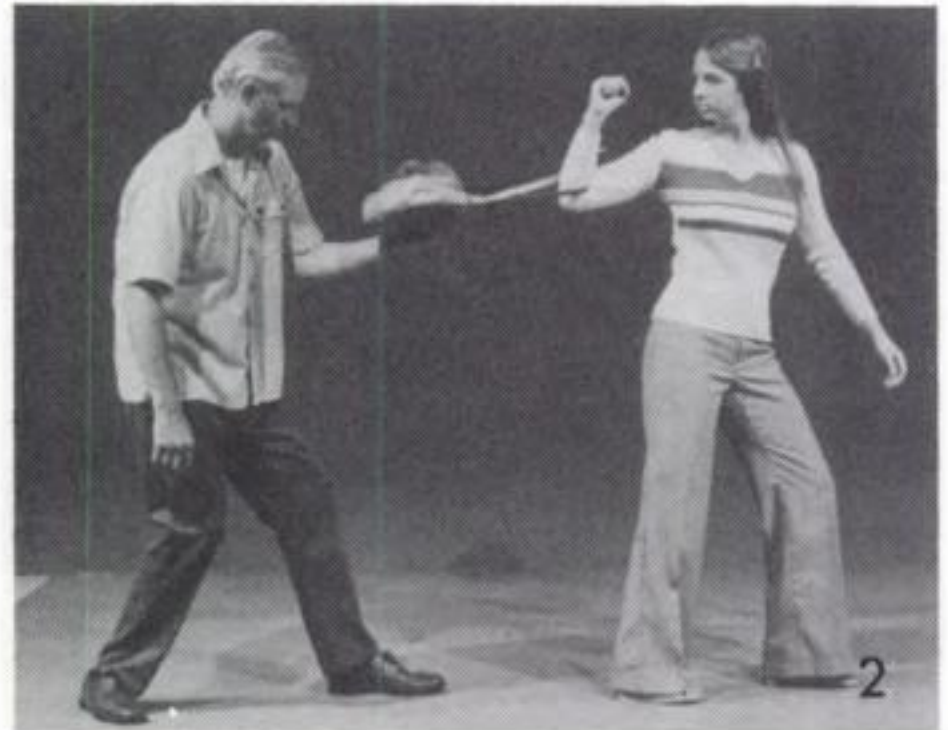
CLOSE-UP

Note the position of the balance foot. It is pointing in the opposite direction for power and better balance.



INDIVIDUAL

(1&2) As you look back, lean slightly forward away from the attacker; then bring your left hand up to protect your midsection, while clenching into a fist to protect the upper body. Bend your left knee slightly, while bending your body forward as you (3) cock the right leg. Note that your hands and arms



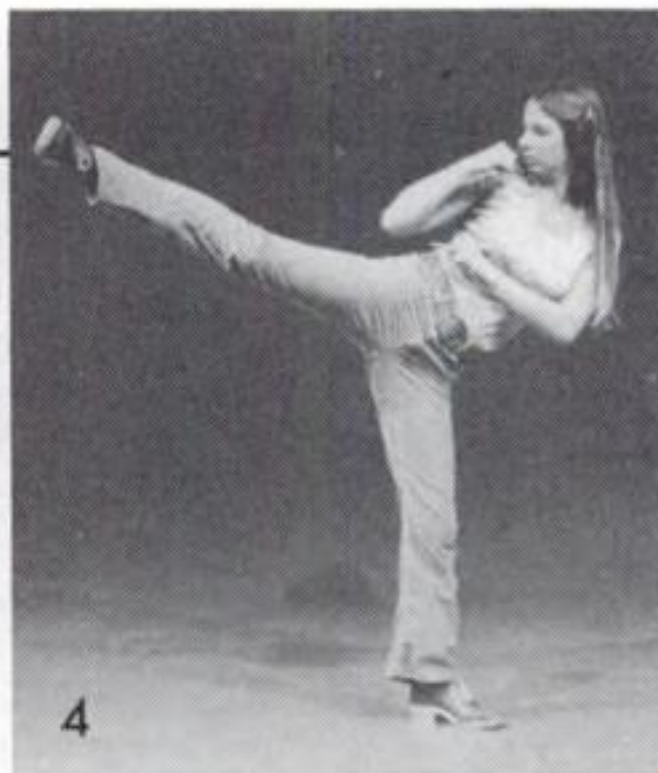
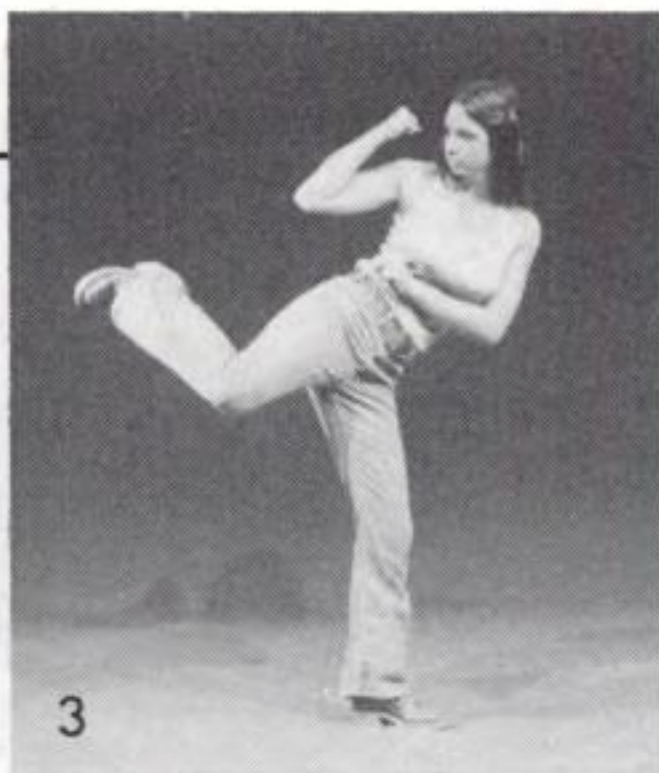
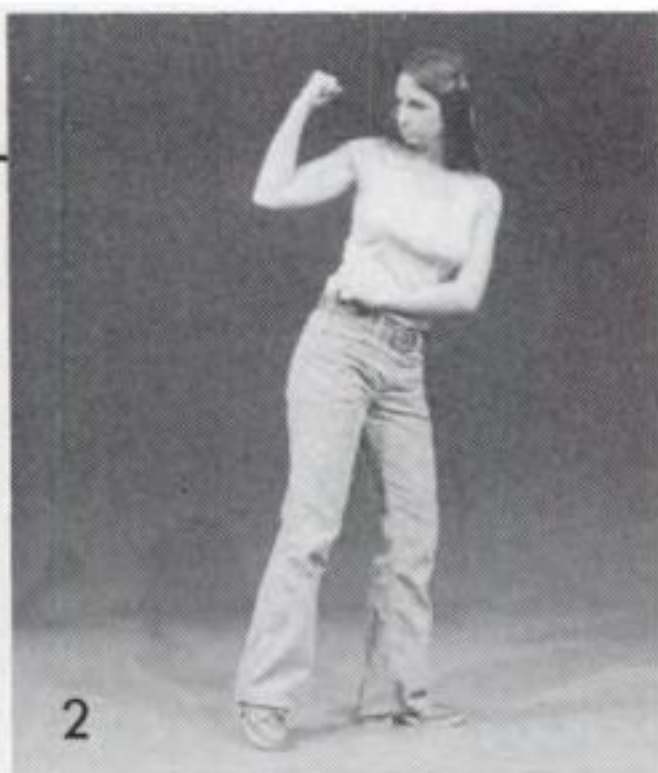
DEMONSTRATION

(1) The victim is shown walking down the street when suddenly the attacker grabs her purse and attempts to pull it from her shoulder. (2) From this position she looks back at the attacker and starts to lean forward and away from him. (3) She then lets the purse slide to the crook of the elbow. (4)

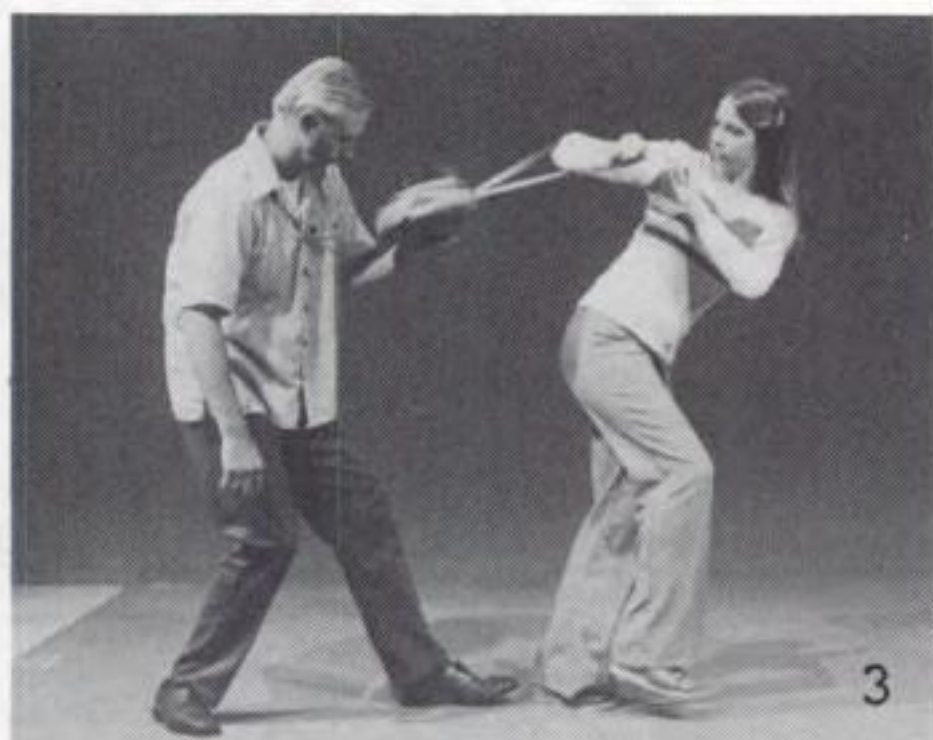
ACTION IN THE STREET

(1) This time the potential victim is walking through the shopping center with her purse around her shoulder. (2) The attacker reaches out to grab her purse from the rear and attempts to pull the purse off her shoulder. (3) As he tugs, she lets it slide to the crook of her elbow; using the tension as leverage, she balances on her front foot, leans forward, then suddenly strikes his stomach.

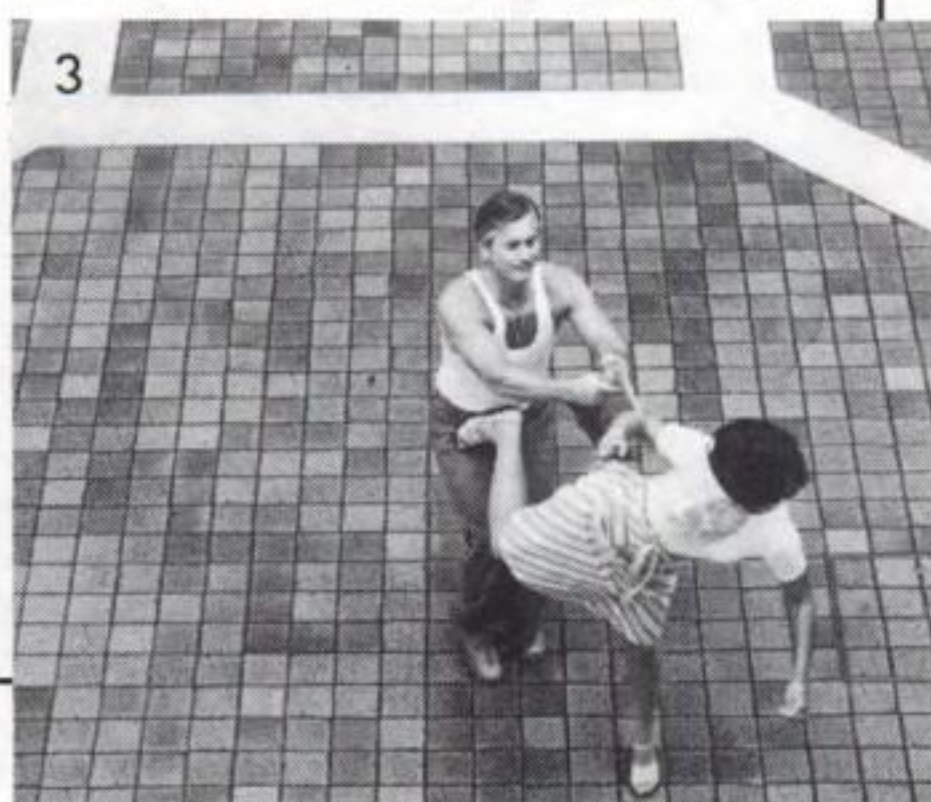




protect you against kicks or possible strikes from your attacker. (4) Launch the kick accurately with power and speed. Practice this and other kicks until they are smooth and flow readily. Use a target such as a pillow.



Placing most of her weight on the front foot, she starts to bend her kicking leg. Now she balances on the front leg, brings her back leg up and kicks the attacker in the stomach.

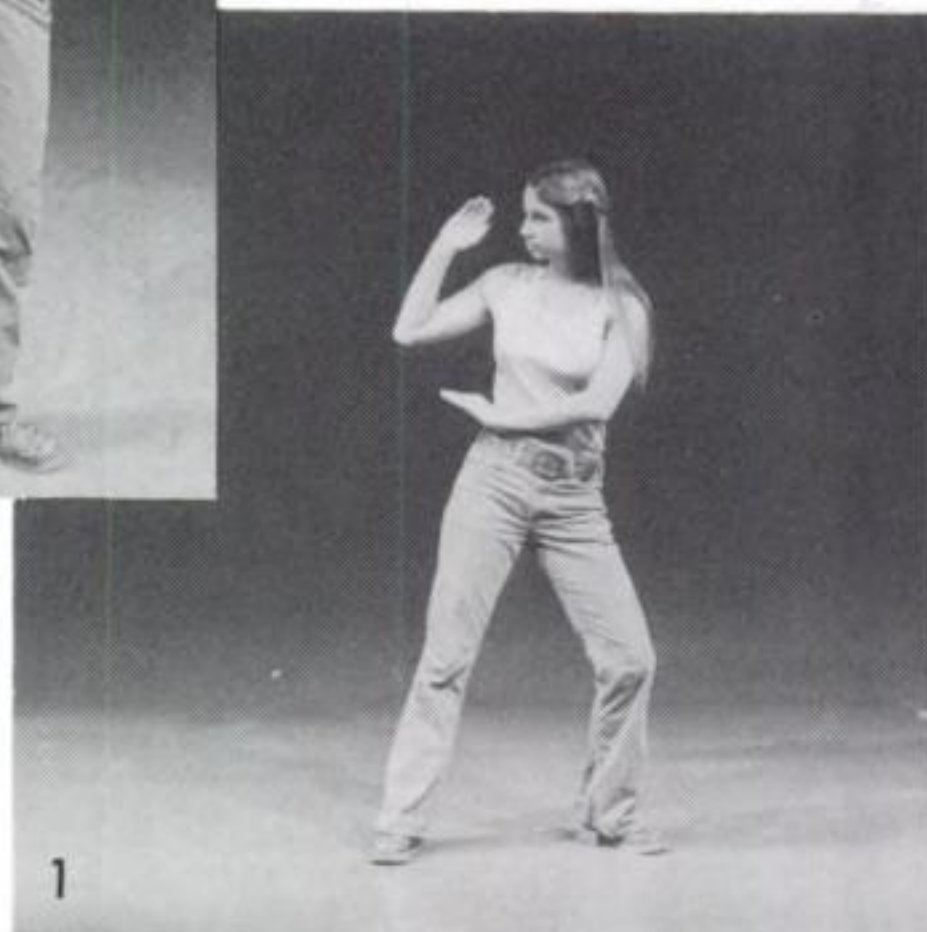


SIDE KICK



CLOSE-UP

When you apply the side step kick, your balance foot should be pointed slightly to the left to give you more leverage and better balance. This also makes the kick more effective.

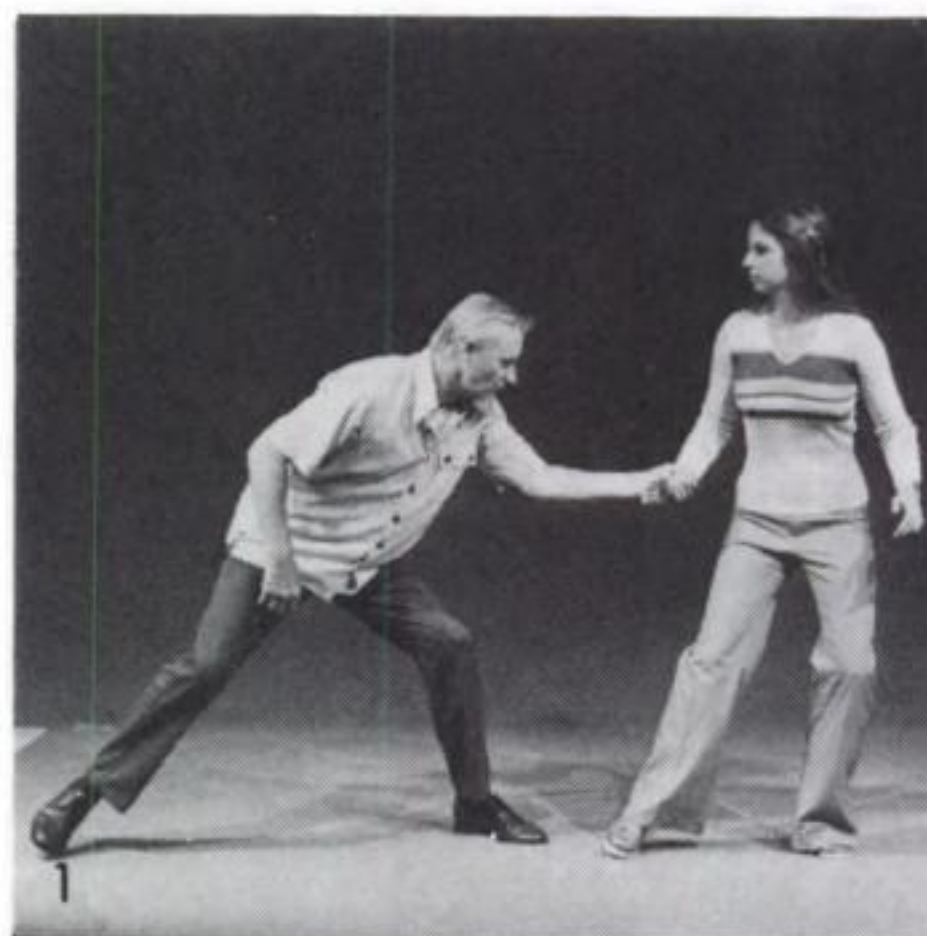


INDIVIDUAL

(1) The basic stance for launching a side kick is to lean away from the assailant while blocking your face and body with your hands. Step towards the attacker by placing your left foot in back of your right while still protect-

DEMONSTRATION

(1) Assailant approaches and grabs the victim by the wrist and she immediately starts to pull away. (2) He attempts to pull her towards him, and she closes her fist to resist his pull and steps towards him by placing her left foot in back of her right foot. (3) Now she leans away from the attacker and brings her right leg up, kicking the attacker in the groin.





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ACTION IN THE STREET

(1) The attacker watches as the victim walks by and then suddenly lunges at her, grabbing her wrist. (2) She brings her right leg up and kicks the

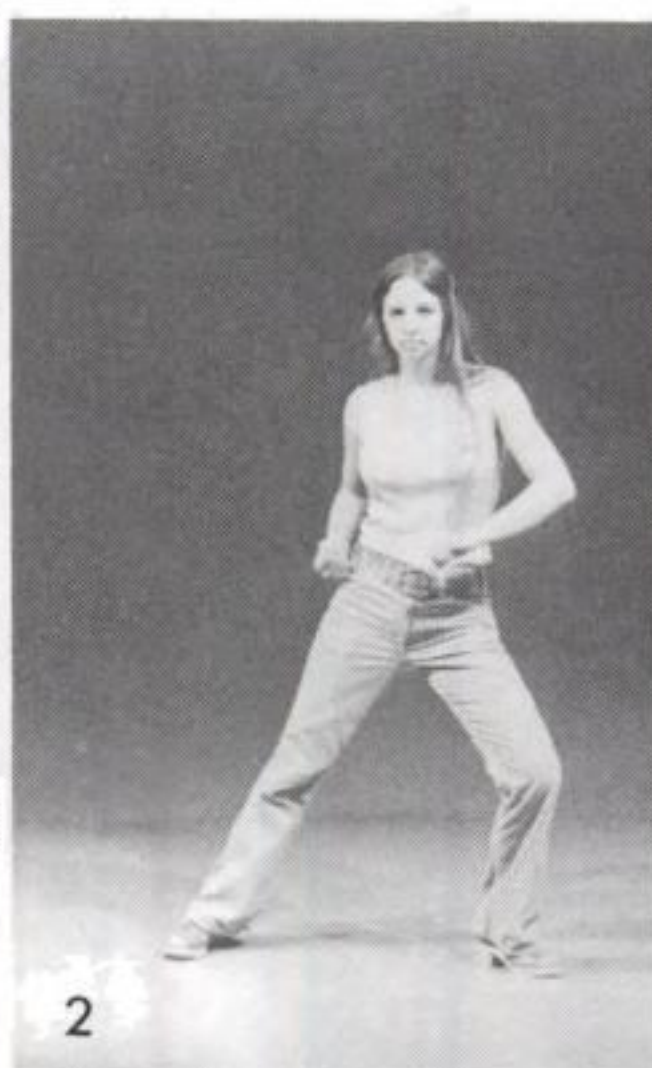
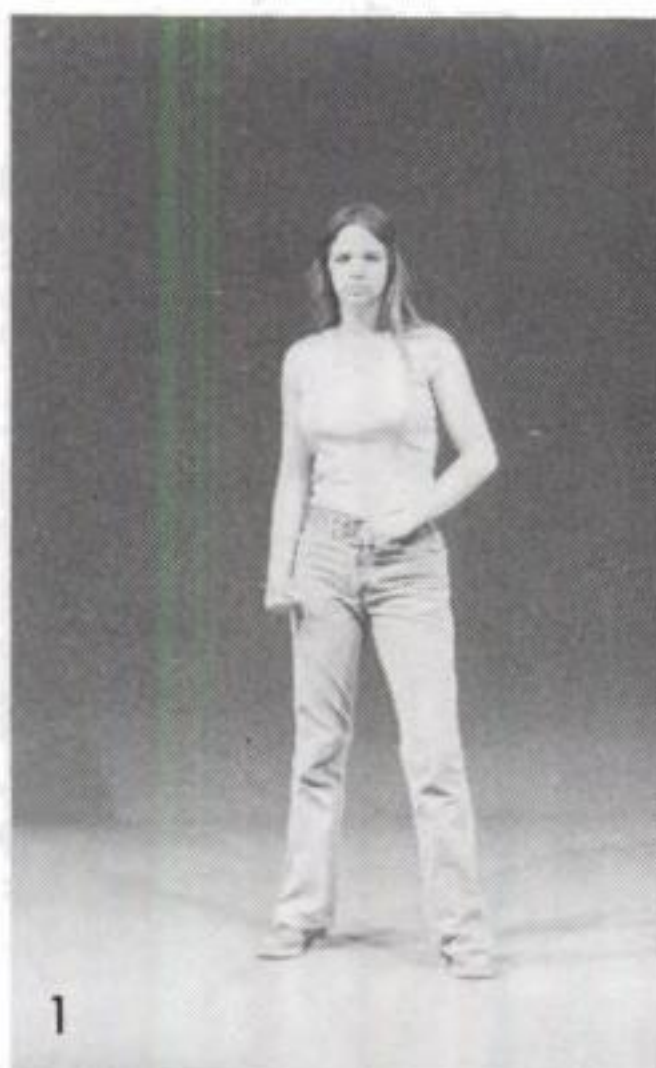


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attacker in the groin, using a side kick, then (3) extending her kick by leaning into it, (4) forces the attacker to fall on his back.

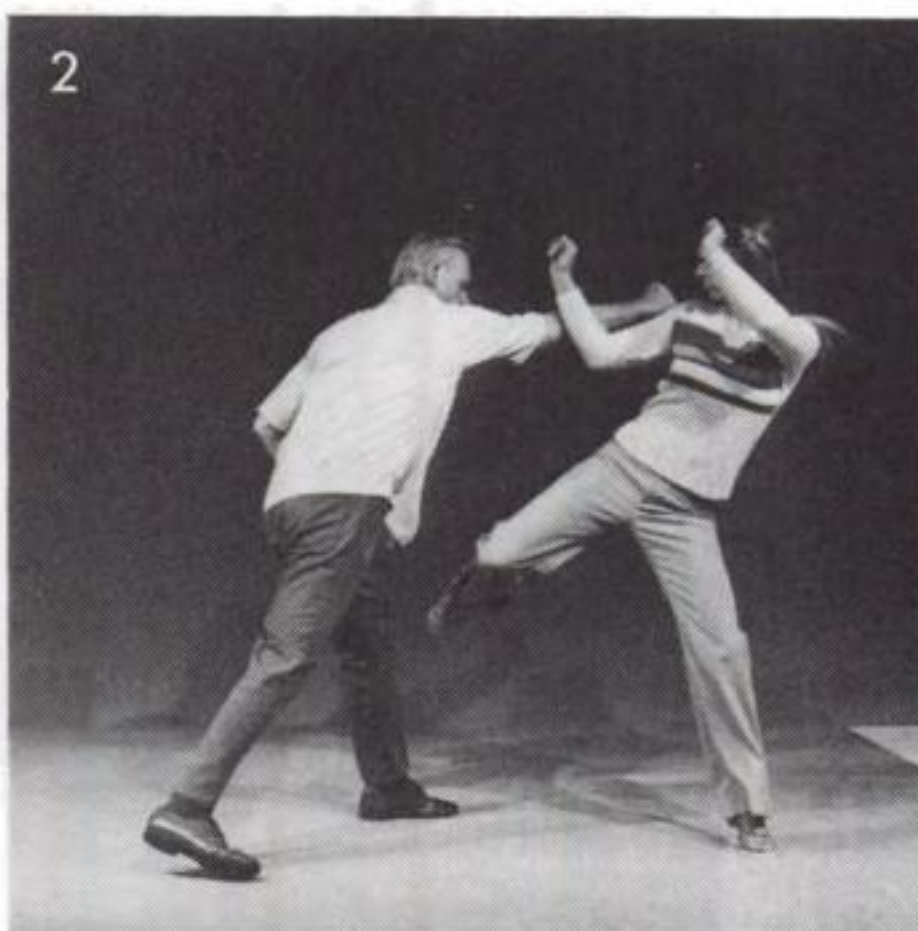
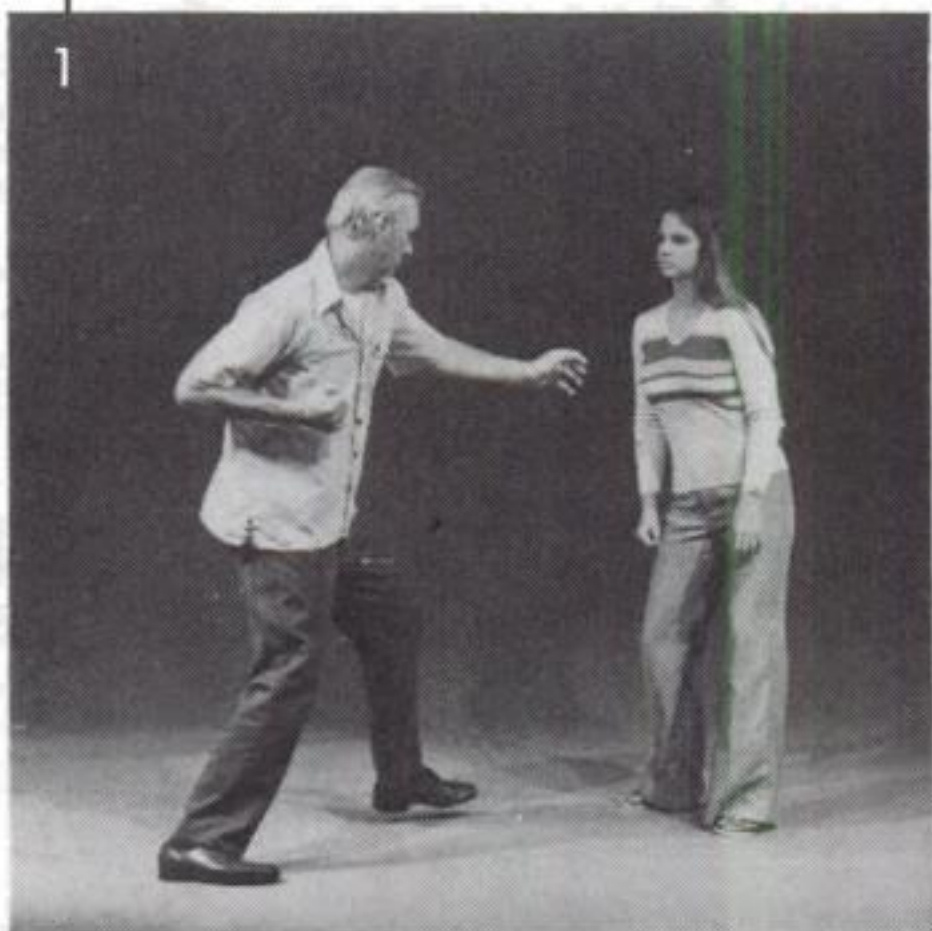


SIDE STEP KICK



INDIVIDUAL

(1) From a basic stance, take a step to your left front and (2) bring your right hand up to block a possible punch. (3) Balance on your left foot and (4) cock



DEMONSTRATION

(1) The victim is confronted by her attacker. (2) She dodges to one side to get away from his oncoming punch. From here she can easily block a punch (3) and push the attacker away from her. (4) While blocking, she starts to



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1

ACTION IN THE STREET

(1&2) In these photos we show the victim walking through the shopping center when suddenly an assailant lashes out with a right-hand punch. She steps out of the way of the oncom-



2



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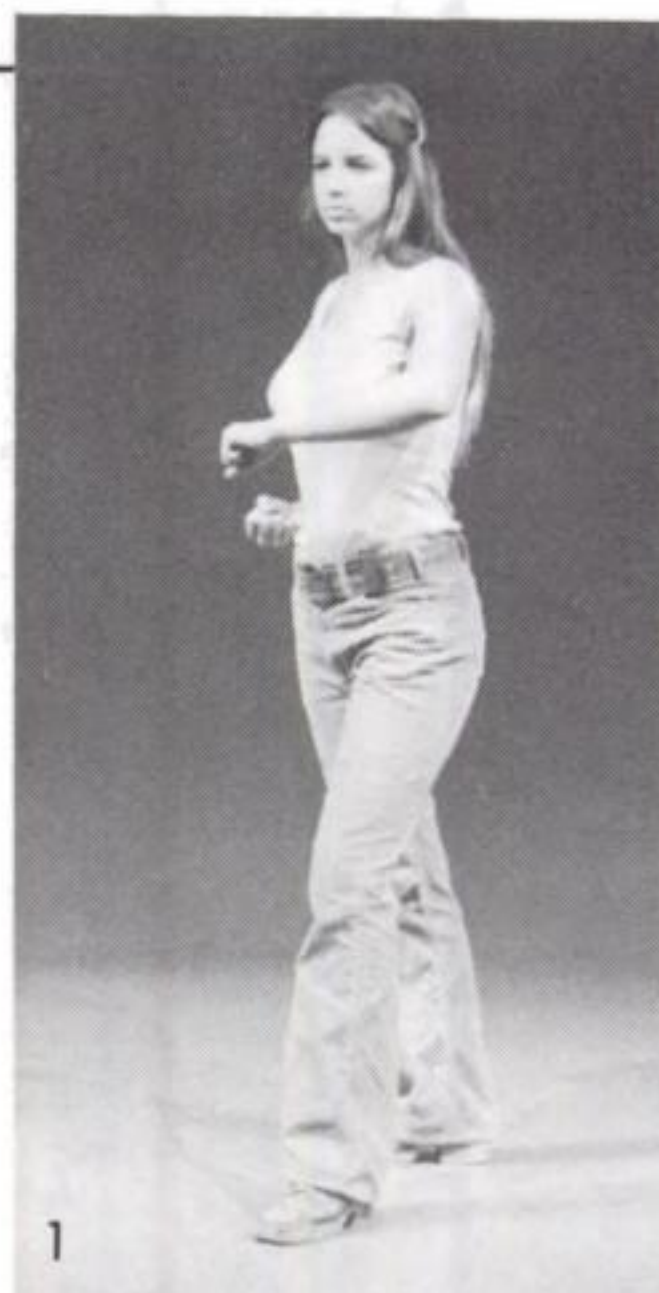
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OPENHAND STRIKE



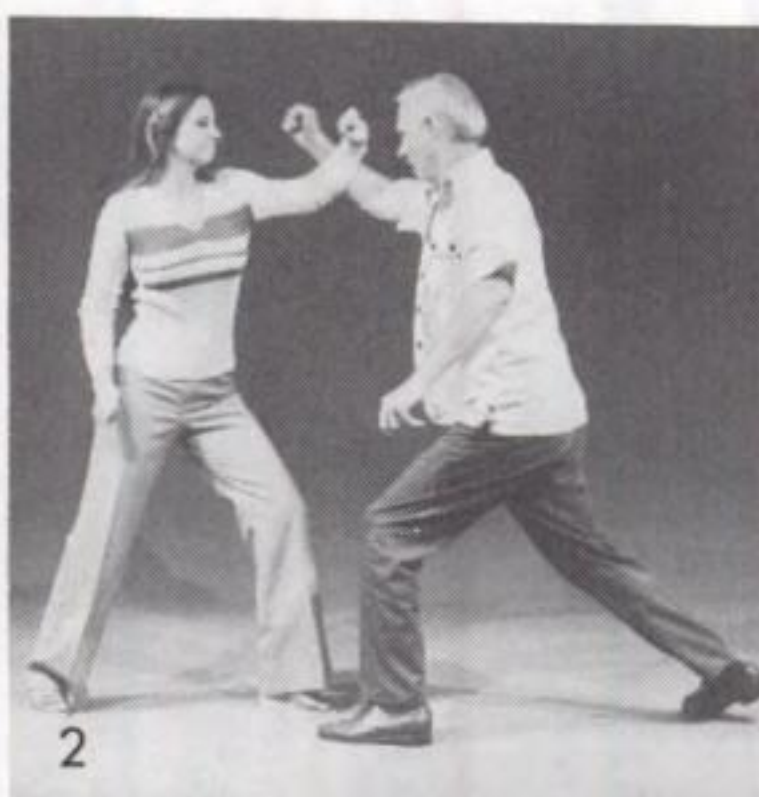
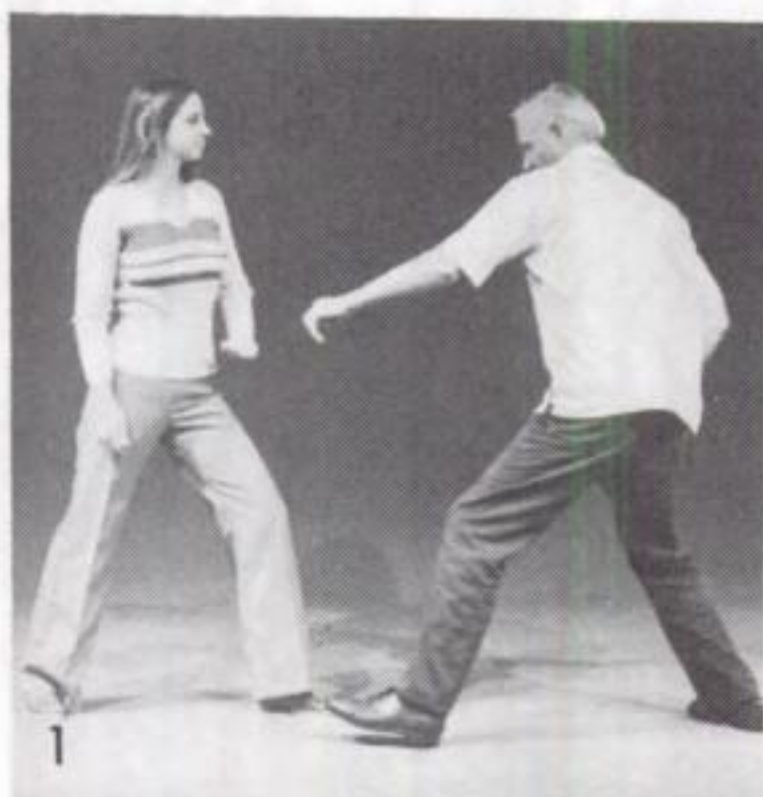
CLOSE-UP

Notice the striking hand. The fingers are curled down to the palm of the hand and the thumb is held close to the side and pushing in towards the palm. The strike will be delivered in an upward motion, striking the attacker on the chin.



INDIVIDUAL

(1) From the basic stance, she brings her left arm (2) up to block a punch. As she forces the attacker's strike to the side, (3) she raises her right arm. By



DEMONSTRATION

(1) The victim again assumes a basic stance. The attacker strikes the victim, (2) but the punch is blocked with the left forearm. (3) Now the victim brings her right hand up while pushing the attacker's hand away with her left fore-



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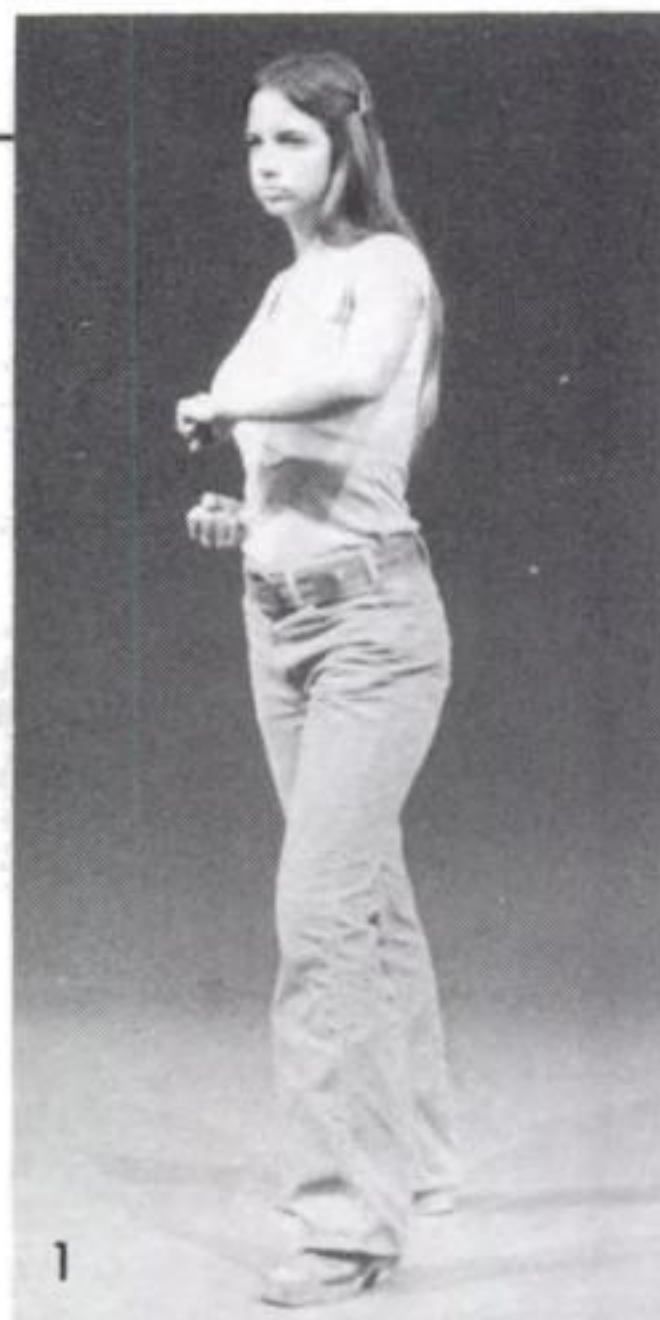
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FOREARM STRIKE



CLOSE-UP

In the forearm strike, you bring your right forearm in front of your chest then strike the victim with your forearm. Notice the closed fist, with the fist pointing downward and the left hand held close to the side.



INDIVIDUAL

(1) Again from the basic stance, she brings her left hand (2) up to block a punch. (3) Now the right hand comes up, using the forearm strike. She raises



DEMONSTRATION

(1) The victim is approached by a stranger, and she immediately gets into a defensive stance. The attacker (2) attempts to grab the victim around the waist and starts (3) to pull the victim towards him. She leans towards the



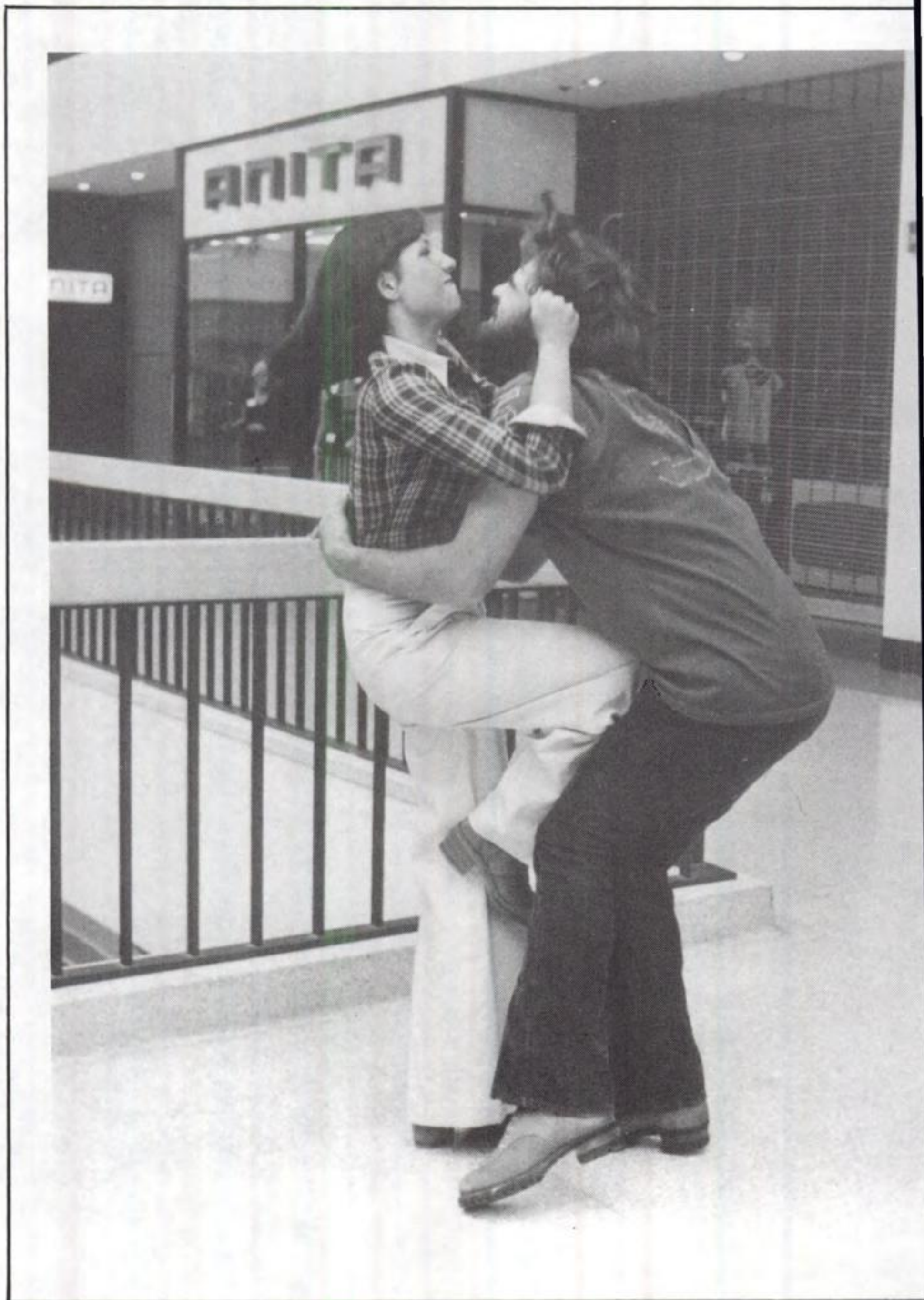
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FRONT GRAB, ARMS LOCKED

(1) The assailant approaches his victim from the front and (2) grabs her around the waist, locking her arms to her side. Now (3) she brings





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REAR GRAB, ARMS FREE

(1) The attacker grabs his victim around the waist. Quickly, before he can secure a strong grip, she stoops (2) and leaning backward into her assailant, (3) she snatches an ankle, causing him (4) to topple backwards, (5) from which position she delivers a back kick to his groin.





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BREAKING THE ATTACK



SIDE HAIR PULL

- (1) While waiting for a friend, a victim is approached abruptly from the side.
 (2) An attacker reaches out to grab her by the hair, but she reaches up with her left arm to hold his wrist in position. Then (3) she draws her right arm



FRONT HAIR PULL

- (1) The victim is walking through a shopping center hoping to walk past a suspicious-looking character, but (2) he reaches out to pull her hair and yank her toward him. She grabs his wrist to make sure he cannot easily retreat, (3)



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SITTING POSITION ARM AROUND SHOULDER

(1) The victim is sitting down when a man sitting beside her puts his arm around her shoulder. (2) Slowly she takes his hand and lifts it over her head. Retaining her grip on his wrist, she brings his arm in front of her, (3&4) and knocks him forward with a left forearm to the back of his elbow. (5) Hanging on to her wrist grip, she applies more pressure and forces him down face first.





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SITTING IN A CAR

(1) A young lady is sitting in her car when (2) an attacker reaches in through an open window and grabs her around the throat. (3) She leans away from him, escapes his grip and traps his





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1

BREAKING A FRONT CHOKE

(1) An attacker comes forward and proceeds to choke the victim, but (2) she tucks her chin in and raises her shoulders. (3) Now she brings her arms up, causing the attacker to spread his arms in order to retain his choke. At this point (4), she brings her knee up and drives it into his groin.



2



3



4



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CHAPTER IV

PERSONAL AND HOUSEHOLD ARTICLES AS WEAPONS

The contents of a woman's purse comprise a formidable arsenal. A pen, keys, glasses or a purse itself have all been used as effective weapons. Around the house, a book, magazine, newspaper or can of spray may be likewise effective. Almost any of these articles can be used to effect a quick stab or to deliver a telling strike. For example, provided you employ it quickly and accurately, the contents of a can of spray may be used to temporarily blind an assailant, giving you a chance to escape.

Let us say a stranger approaches and demands your purse. You might throw it hard, right in his face. Alternatively, as he reaches forward to grab your purse, you could kick him in the shin or groin. Taking still another approach, hold on to your purse, as he tugs against it. From such a position you can make use of this leverage by delivering a strong kick.

A rolled-up newspaper or magazine can be used as a club to keep the distance between you and your assailant. Distance is to your advantage in that it increases your chances for escaping, summoning help or assuming a more effective defensive position.

Like the martial arts weapon, the bo, a common household broom can be used very effectively for many different kinds of offensive and defensive situations. The rounded tip of the broom is particularly suitable for jabbing blows.

Your high-heeled shoes are useful in your hands to crack an attacker across the face, temples, throat, hands or groin. Above all, in an attack situation, do not hesitate to use any weapon as fiercely as possible. Use whatever comes to hand with all the speed and power available.



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NEWSPAPER DEFENSE

(1) Confronted by a stranger, the victim is holding a rolled-up newspaper. (2) When he steps forward to punch her, she blocks the blow with her left arm. (3) Continuing to restrain the attacker's punching arm, she draws her right arm back and, (4) bending slightly, sends a circular arching blow (5) to the attacker's groin. (6) As he doubles up, she brings her knee up, and (7) pushing on the back of his head, knees him in the face.





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